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Your essential daily news | TUESDAY, MARCH 8, 2016

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'You can do better'

Brianna Jonnie, 14, speaks to media at city hall on Monday after meeting with Mayor Brian Bowman. BRAEDEN JONES/METRO

Indigenous teen says all missing persons should be treated the same

metroNEWS

Tax hike to strike again

BUDGET

Larger shortfall than anticipated for Winnipeg School Division



Braeden Jones
Metro | Winnipeg

The property tax increase that may be needed to support the Winnipeg School Division's budget has gone from bad to worse.

Near the end of February, the WSD board of trustees was staring down a draft budget that would necessitate a 5.1 per cent property tax increase — despite having been creative in finding savings within said budget.

But last week, the City of Winnipeg advised the division that the tax base had shrunk by \$158.6 million due to a larger-than-normal number of property

assessment appeals; it's actually three times greater than the 2014 reassessment.

It also changes the income line enough that the 5.1 per cent tax hike trustees had a hard time stomaching before has now grown to 6.4 per cent if nothing else in the budget changes.

Finance committee chairman Chris Broughton said the increase could resemble an "\$80 annual increase on the average assessed home in WSD in order to maintain the programs and services in the draft budget."

"The board, however, is looking at all possible options to reduce the property tax increase without cutting programs," he said.

His committee will continue to massage the budget and take feedback from ratepayers into consideration between now and the budget deadline.

The division needs to offer the city its final budget by March 15 for the taxation request to be considered.

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ROCK OUT

YOU'RE MORE THAN ONE THING.
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AGING SITE

Report backs demolishing Public Safety Building

It seems the future is looking brutal for Winnipeg's Public Safety Building.

A report headed to Tuesday's property, planning and development committee is recommending the PSB, along with the adjacent Civic Centre Parkade, should be demolished in order to make way for a large public space and future private development.

"While demolition is not a sustainable approach to deal with heritage buildings, the current state of the PSB, as well as the limitations of the structure and exterior cladding make it unsuitable for a significant and costly restoration project," the report reads.

This recommendation was one of three options shortlisted for the aging building out of dozens of possibilities provided by consultant Deloitte LLP in a review, which cost the city \$275,000. Other options for the building and shuttered parkade include developing the site into a civic campus, or new parkade.

According to the report, turning the site into a public space and selling off a portion of land would be the cheapest option at \$2.8 million, compared to transforming it into a civic campus or new parkade, estimated to cost \$26.1 million and \$7.6 million, respectively.

STEPHANIE TAYLOR/METRO

Alarm over potential fire station closures

ST. BONIFACE

Residents fear amalgamation would hurt response times



Stephanie Taylor
Metro | Winnipeg

The idea of amalgamating two fire stations in St. Boniface in an effort to save the city millions already has residents seeing red.

Winnipeg Fire Paramedic Chief John Lane appeared before Monday's committee on protection, community services and parks to present his department's 2016 operating and capital budgets.

Included in the budget is \$250,000 earmarked to study fire and emergency response times, in order to obtain data that will inform a plan for future fire hall relocations and replacements.

One possible outcome is to consolidate Station 15 (Autumwood) and Station 9 (Marion) in order for a new facility to open.

"The halls themselves are in desperate need of a lot of renovation," Lane told Metro after Monday's discussion.

With the cost of station upgrades pegged at \$2.1 million



Sandra Dupuis of the South St. Boniface Residents Association is concerned about the potential plan to consolidate two fire stations in the area. STEPHANIE TAYLOR/METRO

using 2014 numbers, he said the question becomes "Does it make sense to put that much money into those two dilapidated old halls?"

If any merger were to take place, it would not be until the 2018-19 fiscal year, Lane told Monday's committee, saying these stations have the second- and third-lowest call volumes for service in the city.

But Sandra Dupuis of the South St. Boniface Residents' Association fears amalgamat-

\$5.8M

In total, the city's fire department is planning to spend \$5.8 million in capital upgrades for this year, most of which includes replacing the service's radio system.

proximity to heavy-duty industrial facilities. As an example, she pointed to the 2012 fire at Speedway International that sent a fireball into the sky.

"We have 39 of the most highly hazard, highly flammable toxic industries," she told reporters on Monday.

Lane also told Monday's committee he estimates it would cost upwards of \$5 million to build a new five-bay fire station, underlining the need for one to be built in the Waverley West area.

LIBRARIES

Nix kids' fines: Allard

One city councillor wants to keep Winnipeg's kids from having to pay fees on overdue library books.

Matt Allard presented his proposal to Monday's meeting of the protection, community services and parks committee as part of the city's budget approval process.

In a prepared proposal, Allard said fines on children and youth materials "have a direct negative impact" on their literacy development.

This was feedback heard during a recent engagement session as part of the library strategic planning process, he added.

Allard said removing late library fines from children and teen library materials would provide better access for young people whose families have limited incomes, and may not be able to pay overdue fees.

According to Allard, the city pulls in around \$650,000 on library fines annually, with \$100,000 on children's material.

Eliminating library fines for kids and teens is already done in other cities, he said.

STEPHANIE TAYLOR/METRO



Coun. Matt Allard says removing library fines removes barriers to access. THINKSTOCK



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Red Road Lodge needs funding

SAFE HOUSING

Director asking councillors for \$40K to hire an activity director



Braeden Jones
Metro | Winnipeg

The Red Road Lodge safe housing complex on Main Street is asking for city funding to make its life skills program sustainable.

The former shady hotel converted into transitional housing in 2009 and has since been on a roller coaster of funding — with various community partners and all levels of government having offered grants and time-capped funding over the years.



The Red Road Lodge has been on a roller-coaster of funding since 2009. BRAEDEN JONES/METRO

Director Beverly Burkard wants the hill-and-valley funding to change into something more reliable, and is ask-

ing for \$40,000 in the city's budget to achieve that goal. "Since 2009 we have grown exponentially to be able to

offer... additional activities," Burkard said.

"Individuals who live in the densely populated area

around Logan and Main who utilize these shelters and the homeless community require activities... for their healing, and trauma, addictions and their past lives."

She said support for the programs, which help with residents who struggle with mental illness and physical impairments, as well as life

"(Then) the activities come to a halt and we have to start all over again."

On Monday, she asked city councillors to consider the importance of the activities Red Road Lodge provides to "our most marginalized and vulnerable people," and asked for permanent funding.

Burkard said the \$40,000

“Since 2009 we have grown exponentially to be able to offer... additional activities. Beverly Burkard

skills and addictions recovery programs, has been "substantial."

"However the weakness in the grant funding is that we are able to launch a project, do some research, provide some very strong measurable outcomes that show the need... and yet the grant funding falls away," she said.

she's hoping for would be paired with partnership funds from the province, and enable the resource centre to employ a full time activity director.

The city committee Burkard made the request to hadn't decided whether it would be forwarded to council for budget deliberation by print deadline.

ELECTION FINANCING ACT

Premier's office faces complaint

Manitoba Premier Greg Selinger's office is facing a complaint that it broke an election law by using government resources for an NDP campaign-style announcement.

The complaint to the provincial elections commissioner, obtained by The Canadian Press, accuses Jim August — an adviser to the premier and director in the government's priorities and planning secretariat — of violating the Election Financing Act. The act forbids government resources from being used for partisan or election purposes.

The complaint comes from a government worker whose identity is concealed in the copy received by The Canadian Press.

It accuses August of consulting civil servants for an

NDP campaign-style promise last month to revamp surface parking lots in downtown Winnipeg.

"One of the premier's government employees, Mr. Jim August, was soliciting information and advice from civil servants in the department of municipal government in preparing for this announcement," the complaint reads.

"This is an inappropriate use of government resources for party election campaign purposes, and gives the governing party an unfair advantage in the (April 19) election."

Elections Commissioner Bill Bowles would not comment Monday, citing his practice of not confirming complaints or investigations.

Selinger said he is aware of the complaint but it remains

unclear whether Bowles's office will formally investigate.

"They have received a complaint. They haven't indicated whether they're proceeding on it, but any queries or information they request from us, we'll fully co-operate with them," Selinger said.

The Election Financing Act forbids parties from using government resources for partisan announcements and also forbids any government announcements 90 days prior to an election.

The NDP was found guilty of violating that ban in 2011, when then-health minister Theresa Oswald took part in a media tour of a new birthing centre. The event happened within the 90-day pre-election period and government staff were used. THE CANADIAN PRESS

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MISSING PERSONS

Suggests race matters in how cases pursued



Braeden Jones
Metro | Winnipeg

A call for missing indigenous persons cases to be treated the same as non-indigenous cases earned a 14-year-old girl meetings with both the chief of police and the mayor Monday.

When Winnipegger Brianna Jonnie wrote a letter to police chief Devon Clunis, she didn't expect it to gain so much attention.

"I really only thought there would be an email back saying, 'We got your letter, we'll talk about it,'" she said.

But before Monday afternoon she had already sat down with Mayor Brian Bowman to discuss her concerns, namely that missing Indigenous girls "weren't noticed (as missing) as quick."

In her letter, she used herself as an example and speculated that if she were to go missing, her race would result in a slow-



Brianna Jonnie and her mother, Amanda McCormick, speak to media. BRAEDEN JONES/METRO

er response from police in announcing it to the community.

She cited examples like the recent missing peoples cases of Cooper Nemeth, Alissa Voetberg and Thelma Krull, shared widely within 24 hours, versus the days it took for information to be released about Tina Fon-

"She wrote a letter because she's looking for a solution."

Mother Andrea McCormick

taine, or more than a week for Nora Leah Rae or Jaylene Amos.

"The colour of one's skin, their socio-economic status, or whom their legal guardian is should not determine the level of assistance they receive in finding them... and yet, it does," Jonnie wrote.

She said she asked Bowman if he would be willing to work to eliminate the discrepancies, and "of course his answer was yes."

Cooper Nemeth's father, Brent, said her letter "takes us five steps back" in handling racism in Winnipeg.

He wrote a letter in response, in the voice of his late son, disputing some of Jonnie's points. Jonnie's single mother, Amanda McCormick, said her daughter "didn't write this letter to attack anybody."

"She wrote the letter because she's looking for a solution," she said. "She feels... that there is a divide, and she just wanted that to be closed."

But the Winnipeg Police, refuting the assertion that there is any kind of bias or preferential treatment in the handling of missing persons cases, held a news conference Monday.

Detective Sgt. Shauna Neufeld of the missing persons unit said media releases are distributed for files that have some factor increasing the urgency or cause for concern.

"Race isn't an issue that we are considering in those files," Neufeld said.

PROVINCIAL ELECTION

Liberals lose staff, candidate

The Manitoba Liberal Party has lost another candidate and a staff member with an election six weeks away.

Stephanie Danyluk has dropped out of the race in the Winnipeg constituency of Fort Whyte, citing personal reasons.

Her boyfriend, Spencer Fernando, has resigned as the party's chief of staff.

Fernando says he is tired of politics and is leaving to work with his father in a photography business.

The Liberals dropped another candidate, Jamie Hall, last week over offensive comments he had posted on social media.

Party spokesman Mike Brown says Fernando and Danyluk did not provide reasons for their departure, and replacements will be named shortly.

The Liberals have one legislature seat and have been hoping for a breakthrough based on opinion polls that suggest their popularity has grown sharply.

Manitobans go to the polls April 19. THE CANADIAN PRESS



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Wab Kinew in 2014 while filling in as host for CBC Radio's Q.
TORSTAR NEWS SERVICE

Wab Kinew on hot seat

ELECTION

NDP candidate questioned on attitude to women, gays

Author, indigenous rights activist and star political candidate Wab Kinew is facing questions heading into the Manitoba election campaign about lyrics he wrote and performed that are demeaning to women and gays and lesbians.

Kinew has apologized repeatedly and without reservation over the past two years, but some political opponents, as well as some on social media, say the 34-year-old's transformation is very recent and came soon before his entry into the political arena.

"To be clear, I apologize fully for these lyrics, accept responsibility for them and am committed to helping bring about the societal change necessary to end misogyny, address gender-based discrimination," Kinew wrote on Facebook on the weekend.

"I have been called to account by my wife, my sister, my mother and other friends and colleagues for my own biases. I have heard these truths and concluded that I need to change my behaviour to be a more positive influence

on the world around me."

Kinew is running for the governing NDP in the Fort Rouge constituency in Winnipeg. While the NDP has plummeted in opinion polls since raising the provincial sales tax in 2013, Fort Rouge has been a party stronghold, represented recently by former finance minister Jennifer Howard who is not seeking re-election in the April 19 vote.

In songs both with the Dead Indians and his later solo career, Kinew repeatedly used derogatory words for women and their body parts. In a 2009 recording, he talked of sexual conquests, chasing skirts and of having made "panties drop."

Kinew's turnaround appears to have come sometime around 2014. He apologized for his lyrics at an aboriginal music awards ceremony, and called on other musicians to do the same.

NDP Health Minister Sharon Blady said she accepted his apology and pointed to his actions in recent years, such as fighting for an inquiry into missing and murdered aboriginal women.

Kinew has generally received positive feedback on social media, although some people have questioned on his Facebook page whether his apology was part of a strategy to clean his image before entering politics.

THE CANADIAN PRESS

"I have been called to account by my wife, my sister, my mother and other friends and colleagues for my own biases.

Wab Kinew, in a post on Facebook

IN BRIEF

Children's advocate calls for teen suicide inquiry

Manitoba's children's advocate says an alarming number of indigenous girls are committing suicide — a disturbing trend which should be included in the upcoming inquiry into missing and murdered aboriginal women.

Darlene MacDonald says she made the suggestion to Indigenous Affairs Minister Carolyn Bennett in a letter last week. MacDonald says

more than half of the suicide deaths she has investigated in the last three years have been indigenous girls.

MacDonald's comments come after several suicides by members of Cross Lake First Nation — the youngest of whom was a 14-year-old girl. THE CANADIAN PRESS

Province nixes plans to change foster-care stats

The Manitoba government is backing off planned changes

to the way it counts the number of children in its care. Last month, the province announced its calculations would no longer include kids who are voluntarily placed in care. Family Services Minister Kerri Irvin-Ross says it turns out the government's own research was false — other provinces include voluntary placements — so the government will not make any changes. Manitoba has more than

10,000 children in care and almost 90 per cent are indigenous. About 700 of those are voluntary placements. The overall number has jumped 55 per cent since 1996 and aboriginal leaders have called on the province to find alternatives to taking kids away from their families. The First Nations children's advocate called the changes a "deplorable" election ploy.

THE CANADIAN PRESS

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Study calls for tobacco law

ENVIRONMENT

Companies urged to take responsibility for butt waste



Thandi Fletcher
Metro | Vancouver

A new study co-authored by a Simon Fraser University health sciences professor is calling for tobacco companies to take the hit and be held accountable for the environmental impact of discarded cigarette butts.

Kelley Lee, who co-authored the study with Washington, D.C.-based Cigarette Butt Pollution Project, says a new regulatory approach is long overdue for addressing the environmental harm caused by cigarette butts.

"We can't just be focusing on picking up a few thousand butts every now and then, putting it on the taxpayers to pay all the cost or blaming the smokers for littering," she told Metro. "We need to mandate tobacco companies to do this through legislation."



Students and staff at Simon Fraser University collected over **45 kilograms of cigarette butts during three one-hour campus cleanups.** COURTESY SFU

For the study, Lee and her colleagues developed a "model tobacco waste act" that they hope governments will adopt requiring tobacco companies be held responsible for the cost and physical process of cleaning up cigarette butts.

According to the study, cigarette butts are one of the most common waste products, with

up to five trillion cigarettes disposed of each year worldwide.

One to two-thirds of cigarettes tossed by smokers end up buried in landfills, leeching chemicals into soil, or are washed into storm drains, where they pollute water and often end up being ingested by wildlife, the study found.

Lee said the vast majority of

cigarettes sold today contain filters, usually made of cellulose acetate, a type of plastic that can't be broken down.

She said other industries that produce hazardous consumer goods, like paint, fluorescent lights and pharmaceuticals, are legally responsible for the safe disposal of their products.

"Right now, we rely on civic-



Two-thirds of butts thrown out by smokers end up in landfills. **Most modern filters are made of a plastic that can't be broken down.** COURTESY SFU

ally-minded people to go out and clean up this mess, but why don't the tobacco companies do it?" she asked. "They're the ones creating this mess."

While she acknowledged smokers shouldn't be "let off the hook" for littering, Lee argued tobacco companies that create such an addictive product should ultimately be held responsible.

"We no longer find it socially acceptable for people to spit on the ground or let their dogs foul the pavement," she said. "But somehow we don't have that for littering cigarette butts, and I'd love to see that in time."

IN BRIEF

CEO says outer space 'next resource frontier'

When humans set out to colonize other planets, they're going to need resources to build their settlements. That's the pitch Chris Lewicki, the president and CEO of a U.S. asteroid mining company, delivered Monday at the annual Prospectors and Developers Association of Canada conference in Toronto. He added it will be costly, pegging water at \$10 million a tonne.

THE CANADIAN PRESS

Commander calls for armed drones

The country's top military commander says he's in favour of Canada acquiring armed drones.

Gen. Jonathan Vance, appearing before the senate's defence and security committee, says he has increased the priority for the air force's drone program.

The Liberals made buying drones a commitment in their election platform last fall and put out a call to contractors.

THE CANADIAN PRESS

THERE'S NO PLACE
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U.S. pours it on for PM

DIPLOMACY

Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning. On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature



Canadian Prime Minister Justin Trudeau and his wife Sophie Grégoire arrive at the Commonwealth Heads of Government Meeting in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

a personal touch to acknowledge the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at

the White House — a chic and relatively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for

earlier that day that together signal the president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

“It's really clear the president has invested in this visit.”

Paul Frazer

"He wants this to be a success for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stéphane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chrétien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for PM's mother

Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS



Kim Cattrall and former PM Pierre Trudeau in 1981.

TORSTAR NEWS SERVICE FILE



Prime Minister Justin Trudeau holds two giant panda cubs on Monday.

COURTESY JUSTIN TRUDEAU/TWITTER

TORONTO ZOO

Pandas are little bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's

ambassador, the zoo announced the male cub is named Jia Pan-pan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

The names were written on pink and blue signs and unveiled to great fanfare.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The cubs were brought to their

outdoor exhibit after their names were revealed — their first time on display since their birth.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received

a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said.

THE CANADIAN PRESS

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Voices behind bars

HUMAN RIGHTS

Women draw focus as political prisoners

On International Women's Day, female voices are being heard as never before, speaking up for equality, peace and human rights — even as political prisoners. Here are high-profile women behind bars in 2016.

NADIYA SAVCHENKO: Ukraine

Captured in June 2014 fighting as a volunteer against Russian-backed rebels in eastern Ukraine, Savchenko, 34, was taken across the border and charged with co-ordinating a

mortar attack that killed two Russian journalists. Russian authorities say she sneaked into Russia illegally. Prosecutors are calling for a 23-year jail term. Thousands have rallied for her release in Kyiv, where she's considered a national hero. If there is a guilty verdict, the pilot wrote, she will go on hunger strike.

KHADIJA ISMAYILOVA: Azerbaijan

Ismayilova, 39, an award-winning investigative journalist, ran afoul of Azerbaijan



President Ilham Aliyev after accusing him and his family of corruption. She was arrested in 2014 during a crackdown on independent media and activists and sentenced to more than seven years for "economic crimes." Celebrity human rights lawyer Amal Clooney has signed on to her defence.

WANG YU: China

In 2008, Yu, a human rights lawyer, was denied entry to a train after buying a ticket. After demanding to board she was beaten, and then herself charged with assault. Fired up by the injustice, she took on cases of clients that other lawyers



feared, including five female activists arrested for protesting sexual harassment. Yu, 44, was seized by security forces in July 2015, and charged with subversion six months later.

MARY ANNE GRADY FLORES: U.S.

Flores was arrested in February 2013 after photographing a protest at the Hancock Airbase in Syracuse, N.Y., and convicted of violating a protection order issued to keep protesters away from the base. Released on bail, she was ordered back to jail in January with a reduced six-month sentence.

TORSTAR NEWS SERVICE



Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.



Catherine, Duchess of Cambridge and Prince William with their children Princess Charlotte and Prince George.



Prince William, Duke of Cambridge with his daughter Princess Charlotte.

ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

SKI HOLIDAY

March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his

brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS



A young migrant wrapped in a blanket. AFP/GETTY IMAGES

Avoid friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed



Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. iStock

he would spend more money than he liked when he went out with certain friends.

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked

to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent \$10 on average. But if the friends were big spenders, frugal participants spent \$15 on average. Non-frugal partici-

pants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of

their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending \$25 on a meal. I could be spending \$15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

+ RETAIL TRICKS

Some ways retailers try to get you to spend more.

Removing the dollar sign from menus: A Cornell university study found people pay more when they only see a number and no dollar sign.

Decoy pricing: Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for \$59, or print and web for \$125 — most people chose the cheaper one. But add just print for \$125 and most chose the print and web option because it seemed like the best deal.

Reduce the font size: Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.

Anchoring: How to sell a \$700 handbag? Put a \$2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

INVESTING

Women identify as savers, not investors, study finds

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus invest-

ors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

"Over time, cash is likely not going to get you where you need to get to for your retirement."

The survey found that of those polled who have started saving, men have saved nearly double what women have.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of

themselves as investors.

As women get older, however, they gain confidence. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are. The survey found 78

per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors. It also found that 63 per cent of women stated they are "not knowledgeable about investments." THE CANADIAN PRESS

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Evidence suggests the competition's testing from last week failed and they are now trying to figure out the rust durability of the SUPERSTRUCTURE™. Which city in Canada has the highest precipitation?

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*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00pm (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. TM/©The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.



It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that “you are beautiful,” even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute \$81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared

himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his “other” mother, Kim Cattrall).



NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

to cyberbully me into submission.”

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other feminists. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: “What feminism means to me is that you don't let your gender define who you are.”

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights. **Barack Obama:** The president's 2014 State of the Union address was famously feminist. In his own words: “It's time to do away with workplace policies that belong in a Mad Men episode.”

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview



Recently in sexism: Barristers, buses and busts edition

Welcome to another “What's new in latent and not-so-latent sexism,” your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. “Woman gropes man's genitals over his clothing while he sleeps on public bus” read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows “who I am, and that I have a life, and that I'm not just some random person on a bus.”

Actually, she's a single mother of two and a full-time student, hence the dozing off.

“We need to start treating women with more respect because we are not objects,” she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and “differential treatment” by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called “little lady,” a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the

1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about \$2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwen-dolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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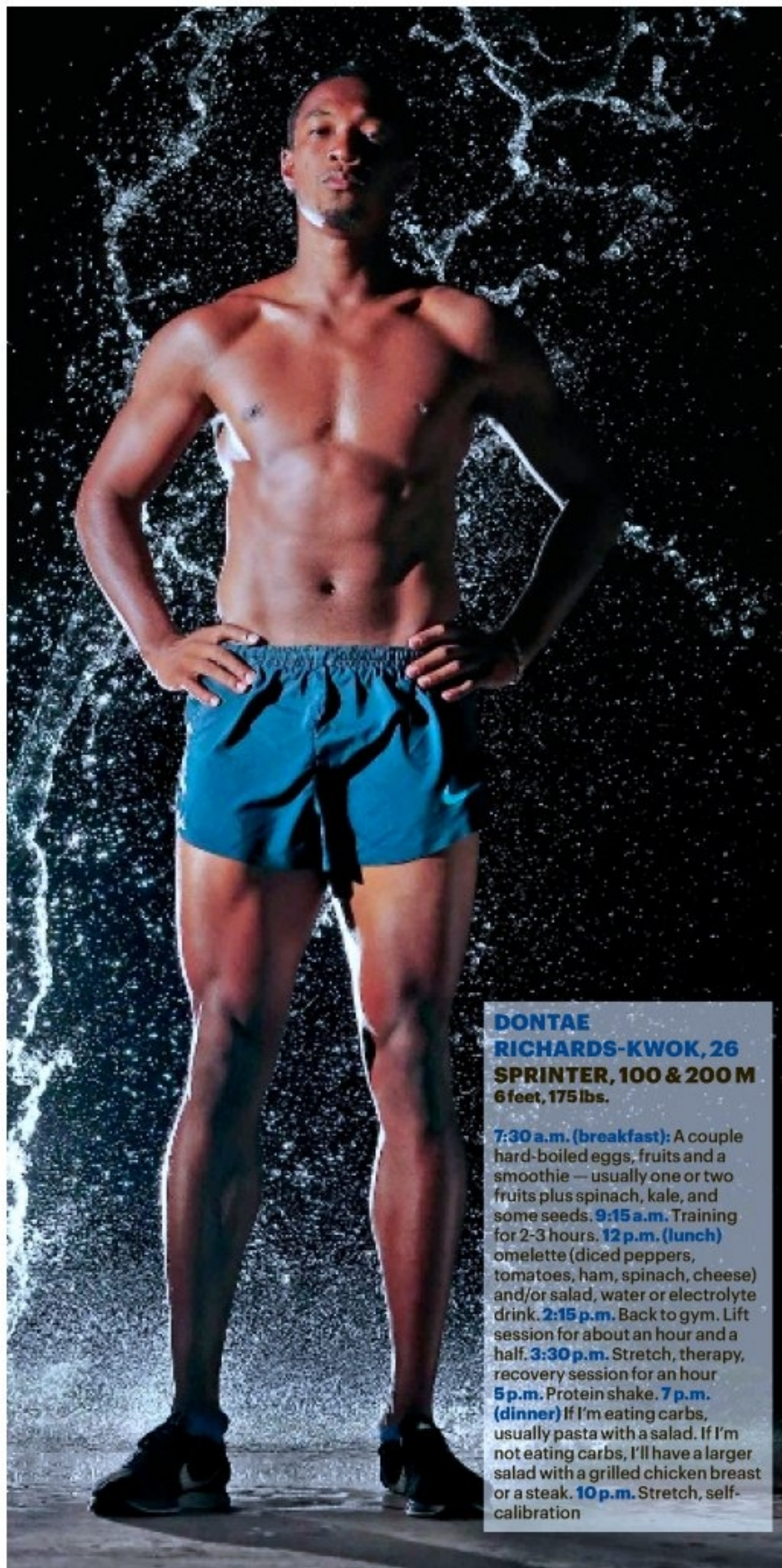
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DONTAE RICHARDS-KWOK, 26
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6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour. **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want — Usain Bolt subsisting on chicken nuggets during the Olympics, Michael Phelps eating a reported 12,000 calories per day while training and Lolo Jones downing double bacon cheeseburgers to gain weight — but athletes say as they age, they know what works for them and what doesn't.

"It's, like, immediate now

for me," said Melissa Tancredi, a member of the Canadian women's national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi, now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the beginning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops. Protein and fat intake typically

remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "At the end of the day, you have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "As far as performance, the best fuel is going to give you the best output."

For some athletes, the problem isn't eating bad food, but not eating enough or not frequently enough. High performance athletes should be eating every three to four hours — a challenge that can be overcome with proper meal planning, she said.

Falcone adds the research on sports nutrition has changed over the years, with modern research eschewing a one-size-fits-all approach for a more nuanced look at what each athlete needs.

TORSTAR NEWS SERVICE

MELISSA TANCREDI, 33
CANADIAN WOMEN'S NATIONAL SOCCER TEAM
5-foot-7, 170 lbs.



8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake: coconut meat, coconut oil, coconut water, biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **Todrink:** 3 L of water or more.

KRISTINA VALJAS, 28
CANADIAN NATIONAL BEACH VOLLEYBALL TEAM
6-foot-1, 155 lbs.



6:30 a.m. (breakfast): Chia pudding made the night before. **8 a.m.** Sand training for 2 hours. **10:15 a.m.** Protein bar. **11 a.m.** Smoothie: almond milk, banana, couple spoonfuls of yogurt, protein powder, powdered peanut butter and ice. I'll drink half, and save half for after my gym workout. **12:30 p.m. (lunch)** Sandwich on whole-grain bread with turkey/ham/fried egg, havarti cheese, spinach, tomato, hummus. **2 p.m. (snack)** Cut-up bell peppers, grapes, apple, cheese and crackers, peanut butter on toast, etc. **3 p.m.** Weights in the gym. **4 p.m.** Drink the rest of smoothie I made earlier. More snacks if I'm feeling it. **6:30 p.m. (dinner):** Quinoa salad with chicken breast, veggies, spinach or kale, balsamic vinaigrette, goat cheese, nuts and seeds. **8 p.m.** Either dark chocolate, a yogurt cup or tea with honey.

Fighting sexism through emojis

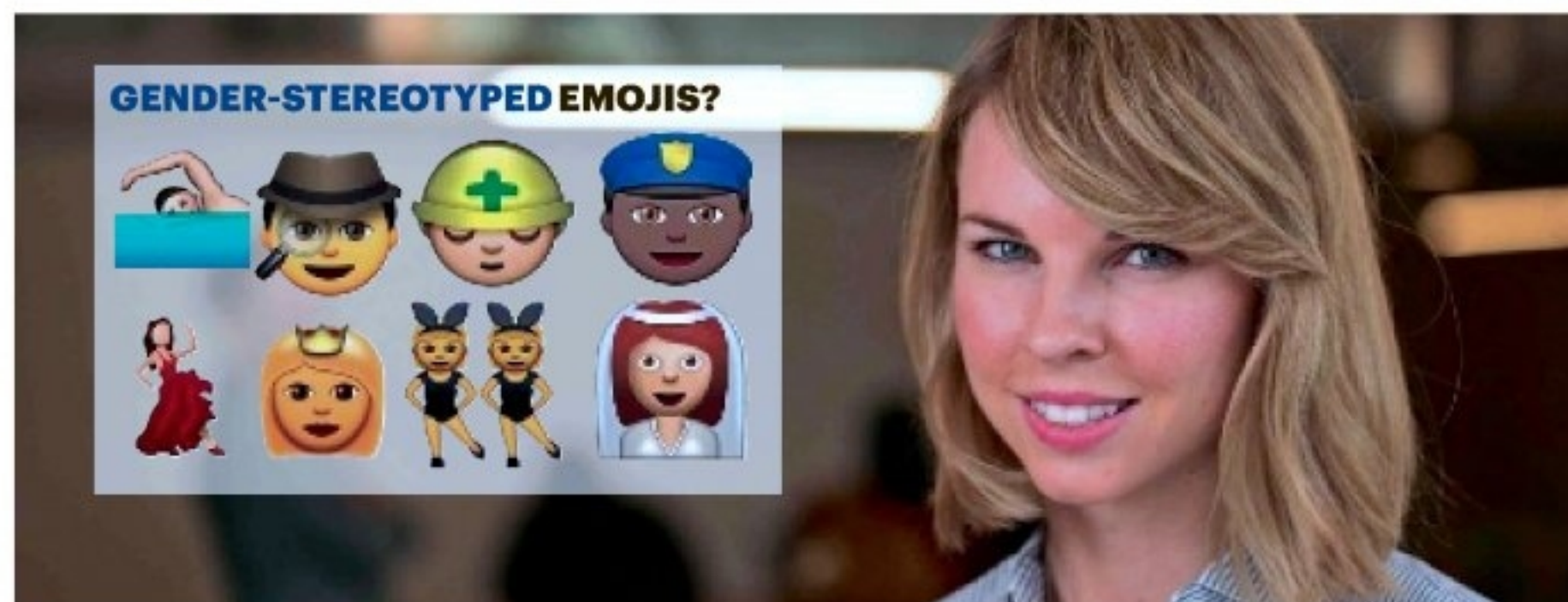
TECHNOLOGY

Survey sparks talks of more progressive emoting icons

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis. This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, and that few are playing sports and none are represented in professional roles.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward



Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of emojis that are very stereotypically girly," said Heather Payne,

CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

Payne called the perceived stereotypes "super subtle."

"A lot of people wouldn't even notice until the moment you're trying to use an emoji that represents (you)," she said. "If we're trying to move society forward, it probably makes sense to have emojis that represent everybody."

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform

— such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based linguist Gretchen McCulloch, who is writing a book about Internet language. "What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

Apple declined to comment on details of emoji design or respond to criticism when contacted, but said the company adheres to the Unicode standard.

But regardless of how platforms choose to depict emojis, Unicode's modifiers have helped bridge identity gaps in the past, notably when skin tone modifiers were added last year.

Indeed, gender modifiers may soon be on their way.

In a recent draft portend, Unicode unveiled draft plans to implement gender variants to emojis. This means one day a running man could be transformed into a running woman, however, the initiative is a draft and Unicode is still soliciting feedback.

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This year step up for gender equality

INTERNATIONAL WOMEN'S DAY

Setting targets for women's rights internationally

Will McGuirk

International Women's Day is being celebrated today and the theme this year, set by the United Nations, is Planet 50-50 by 2030: Step It Up for Gender Equality.

Some key targets are equal access to quality education, elimination of genital mutilation and forced marriage.

But at a time where half of Prime Minister Justin Trudeau's cabinet is female, the interim leader of the opposition and three premiers are female and business, cultural and social leaders are female, we can ask what relevance the day has.

The Women's Movement over the last century resulted in the opportunity for women to live their life, their way (and in a time where transgender



International Women's Day is to celebrate the work already done but also to acknowledge the work still ahead. iStock

issues are high profile). In 2016 what does being a woman even mean, and for that matter,

what does being a man mean? Why dedicate a day?

The answer lies in the word

'international.' Internationally, many women have little to no control over their own lives.

Internationally, "50/50" are the odds of survival for women in many places. Internationally,

women are denied access to health care, education, the right to vote and even the right to decide their own destiny.

Women and girls make up 80 per cent of people being trafficked in the sex trade and millions of girls as young as eight years old will be married off in 2016. Women and girls are dying to get into the West, risking their lives crossing seas in weak-sided rafts.

It may be that internationally women do not have the luxury of an identity crisis. It may be that men will have to redefine what being a man is first before women can progress further globally. Perhaps it's time to admit being a man means sharing the planet with women equally, as partners, 50/50.

Trudeau said last year his cabinet is 50/50 because "it's 2015". International Women's Day is for women to celebrate work done but also for men to acknowledge the work they still have ahead.

It's 2016; time for men to stand up and offer their seat at the table to women. That as your mom taught you, would be the gentlemanly thing to do.



International
Women's Day

Tuesday, March 8, 2016

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Manning calls end to 18-year career

NFL

Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always have had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway



Just shy of 40, Peyton Manning will forgo \$19 million and a 19th season in the NFL.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

If there is a list of achievements needed to attain greatness you've checked every box.

Broncos president Joe Ellis

had the blueprints.

Four years later, he hobbles away a champion just like his boss did 17 years ago.

Elway thanked Manning for coming to Colorado for

the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway "where do I sign?"

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him.

THE ASSOCIATED PRESS

BRIER

Northern Ontario's Jacobs a perfect 4-0

Northern Ontario's Brad Jacobs was the lone unbeaten team at 4-0 after seven draws at the Tim Hortons Brier in Ottawa following a 10-6 win over Canada's Pat Simmons.

Alberta's Kevin Koe beat brother Jamie Koe 8-7 in the afternoon and then topped Manitoba's Mike McEwen 9-4.

The Alberta skip was alone in second place at 4-1 while Newfoundland and Labrador's Brad Gushue was in third at 3-1.

Ontario's Glenn Howard defeated New Brunswick's Mike Kennedy 9-6 to move into a tie at 3-2 with Simmons, who dropped a surprise 6-4 decision to Prince Edward Island's Adam Casey earlier in the day.

McEwen and British Columbia's Jim Cotter were at 2-2 while Saskatchewan's Steve Laycock moved to 2-3 after topping Quebec's Jean-Michel Menard 7-3 in the evening. THE CANADIAN PRESS

In this Brier, if you give an inch — and we gave a few out there — they're going to bite you

Canada third John Morris

COURT

Andrews awarded \$55M in lawsuit

A jury awarded Erin Andrews \$55 million on Monday in her lawsuit against a stalker who bought a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame.

After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly \$27 million.

Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as

HARD TIME

Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

jurors announced the verdict.

Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

TENNIS

Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end

my career this way, and I really hope I will be given another chance to play this game."

The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous

health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job,

and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity. THE ASSOCIATED PRESS



Maria Sharapova
PETER PARKS/AFP/GETTY IMAGES

AT MTS CENTRE

Moose come up flat vs. Wild

The Manitoba Moose pressed late but were unable to overcome a two-goal deficit, falling 2-1 to the Iowa Wild in front of a sleepy Monday night crowd of 4,790 at MTS Centre.

Manitoba's (18-32-4-5) Scott Kosmachuk rang iron inside the final two minutes before Patrice Cormier cut Iowa's lead to just one with 1:29 remaining for his 12th goal of the year.

Moose goalie Eric Comrie finished with 27 saves on 29 shots, dropping his record to 12-20-7 on the season. Iowa's

Leland Irving turned away 32 of the 33 shots.

Off a faceoff with less than six seconds remaining in the second period, Iowa's Marc Hagel walked in from the dot past a pinching and fallen Andrew MacWilliam before beating Comrie with less than a second left.

Iowa (20-33-3-4) padded its lead on a power play early in the third. With Axel Blomqvist off for tripping, Wild defender Guillaume Gelinat jammed in a rebound in the crease for eventual the game-winner.

DARRIN BAUMING/FOR METRO

RECIPE Lemon Thyme Chicken Burger



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

FOR MORE MEAL IDEAS, VISIT
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These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 6

Ingredients

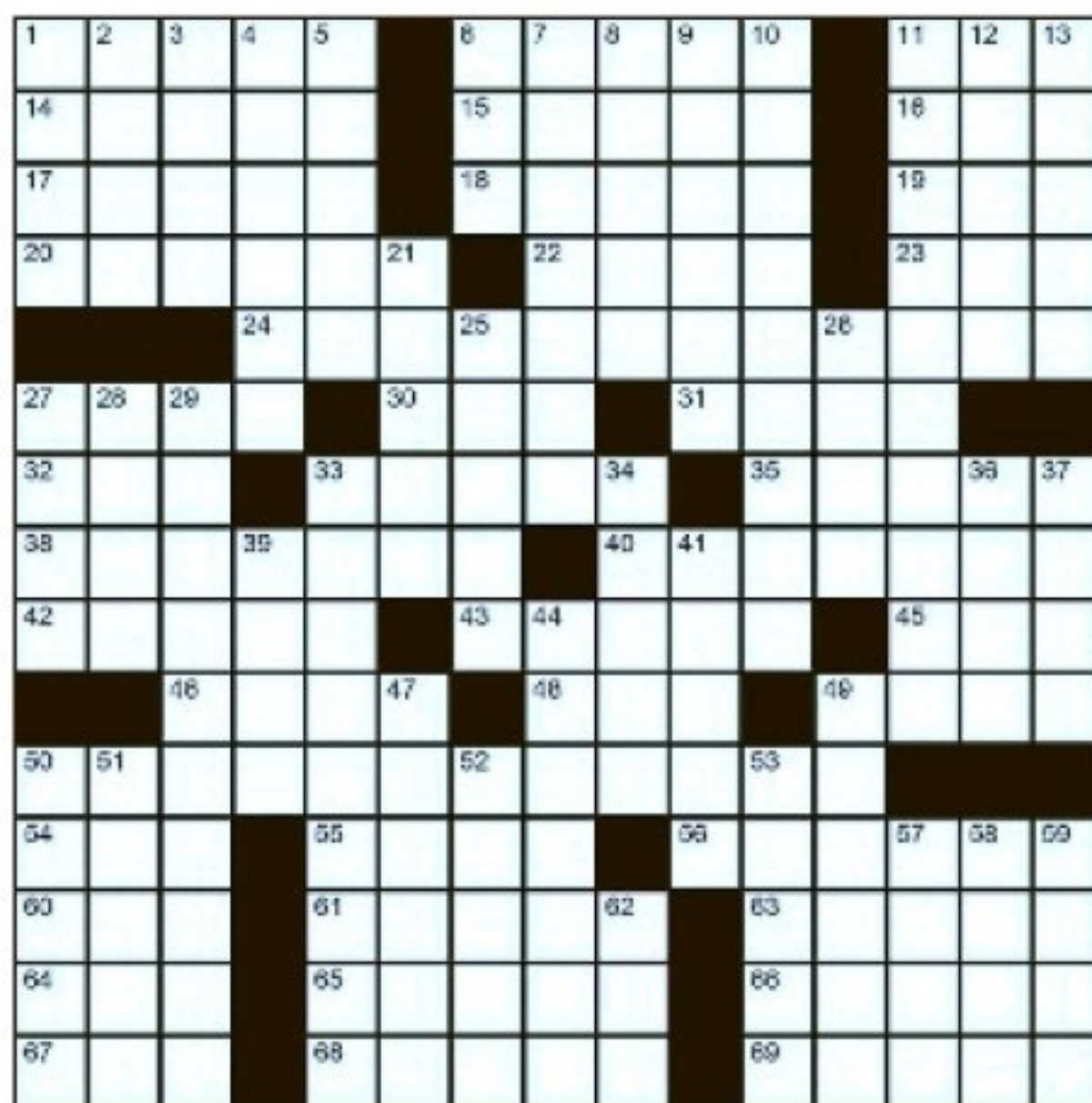
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead __ King Eternal"
17. Jan __ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'T' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue __
32. __-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. ' __ in Calgary
46. Diving birds
48. Numero __



49. The __ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe

- stores
63. Ceremonial headdress
64. __ much (Few)
65. County in Ireland
66. Open, as a jacket
67. __Caps (Candy)
68. Loretta's por-

- trayer on film
69. Alberta town, __ River

DOWN

1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. __ Barbara, Cali-

- fornia
6. "Clothes Off" by Canadian singer/songwriter __ Mae
7. Human's replacement in outer space
8. Eric Clapton's __ the Sheriff
9. __ and bonds
10. Frank Gehry's

- gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. __ radio
28. Ointment
29. __ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. __ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. __ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

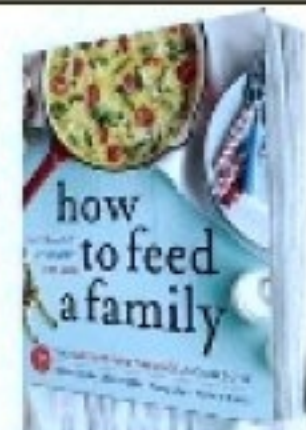
Your daily crossword and Sudoku answers from the play page.

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